



For Immediate Release

Contact: Maureen Lillemoe
Program Coordinator
Community Resources Department
Phone: 707-428-7726
Fax: 707-425-1740

Splashing for exercise and FUN! at the Aquatics Complex at Allan Witt Park

Fairfield, California (Thursday September 27, 2012)—Several factors make water exercise an ideal fitness activity for senior adults.

A water exercise class allows you to enjoy a low impact workout that cushions your joints and is a type of exercise suggested by the Arthritis Foundation. Though water aerobics are low-impact, you can achieve an effective cardiovascular workout with moves such as walking in the water, lifting weights, and enjoying a full range of motion, which will help in your daily activities.

If you've decided that you'd like to take part in aquatics exercise classes geared specifically toward seniors, you'll find instructors and classes offered by the City of Fairfield Community Resources Department at the Aquatics Complex at Allan Witt Park. Registering for a class and participating is an easy step toward daily health and better quality of life. For more information call Aquatics Coordinator Maureen Lillemoe, 707-428-7726 or e-mail at mlillemoe@fairfield.ca.gov.

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About the City of Fairfield Community Resources Department

The Community Resources Department's mission is to shape our community's future by offering an array of programs and services that meet the needs of Fairfield residents. The department strives to provide resources for all aspects of daily life. Community Resources operates affordable housing programs, recreational classes, neighborhood improvement programs, senior services, sports and aquatics programs, and youth activities. The department manages the Aquatics Complex at Allan Witt Park, Fairfield Sports Center, Fairfield Community Center, Fairfield Senior Center, neighborhood centers, and sports fields.